

## ABSTRACT OF THE DISCLOSURE

A flotation device adapted for use by a person in a body of water and float with minimal effort therein. The flotation device comprises a central section adapted to fit between a person's legs, a front and rear flotation packs, and an adjustable connection means. The flotation packs each have opposite ends, and a lower and upper side. The central section has opposite ends connected to the lower sides of the flotation packs. The adjustable connection means reversibly connects the respective opposite ends of the flotation packs. The flotation packs are made of any suitable floating material such as urethane closed cell foam that meets U.S. Coast Guard requirements (UL 1191). A pocket is optionally attached to one or both of the flotation packs.